

YOGA INSTRUCTOR TRAINING, CERTIFICATE OF ACHIEVEMENT

Banner Code: 1_CM_YOGA

Control Number: 42175

Not Financial Aid Eligible

Orange Coast College's Yoga Instructor 200-hour certification training provides students with the fundamentals required to teach yoga to a variety of levels and abilities. This program meets the requirements for Yoga Alliance, a professional membership and trade association, to become a registered yoga teacher (RYT). The Yoga Instructor Training program features an inclusive curriculum that focuses on philosophy, anatomy, theory, practice, and teaching. Once completed, the student is prepared for employment in health clubs, spas, yoga/dance studios, hospitals, the health industry, and self-employment as a private yoga instructor.

Program Outcome

1. Properly instruct a yoga class for all levels and abilities including the use of prop, utilizing themes and yoga philosophy to enhance classes.
2. Understand the history and evolution of yoga.
3. Satisfy the 200 hour requirement to qualify for the Yoga Alliance 200-Hour certification.

Review Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/certificates/#achievementtext>).

Course	Title	Units
Year 1		
Semester 1		
KIN A228	Hatha Yoga Level II	1
KIN A284	Theory of Yoga	3
KIN A285	Yoga Methodology	3
Units		7
Semester 2		
KIN A286	Yoga Methodology 2	3
KIN A287	Yoga Practicum Level 1	3
Units		6
Total Units		13

Program Sequence

These sequences at Orange Coast College are curriculum maps for students to finish all requirements for the certificate. There may be advisories, prerequisites, or time requirements that students need to consider before following these maps. **Students are advised to meet with an Orange Coast College Counselor for alternate sequencing.**

Some courses in this program may be offered once per academic year.

Course	Title	Units
Year 1		
Semester 1		
KIN A228	Hatha Yoga Level II	1

Course	Title	Units
KIN A284	Theory of Yoga	3
KIN A285	Yoga Methodology	3
Units		7
Semester 2		
KIN A286	Yoga Methodology 2	3
KIN A287	Yoga Practicum Level 1	3
Units		6
Total Units		13